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## Things to Look Forward to in the Second Trimester

1. The first trimester fatigue, nausea, and moodiness lifts. You feel like yourself again. You have renewed energy.
2. You are still small enough to get around easily and sleep well.
3. Nighttime trips to the bathroom let up a bit as the uterus rises up off of the bladder.
4. If you had saliva problems in the first trimester, this usually goes away now too.
5. Food will taste especially wonderful though a few food aversions may hang on.
6. You will have a good appetite.
7. Your hair grows thicker and your fingernails get stronger and longer.
8. Around 20 weeks, you begin to feel the baby move. It is very soft at first; like butterfly wings or the gentle "pop" of a soap bubble.
9. Your interest in sex will increase. As long as you are having no complications with your pregnancy, you may enjoy your increased libido. In the third trimester you may feel too big and uncomfortable to have sex.
10. If you need to travel, now is the time. In the third trimester, it is wise to stay close to your health care provider.

## Second Trimester

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## Aggravations in the Second Trimester

1. While fetal movement is "delightfully distracting" it is not delightful to find yourself forgetting things like being late for appointments, or disorganized. The second trimester brings a "brain fog" that will pass a few weeks after the baby is born. Know that you are at risk of leaving the stove on or failing to lock the door. Be careful and be patient with yourself.
2. Indigestion may begin or get worse due to the pressure of the rising uterus.
3. Vaginal secretions increase and you may need to wear a mini-pad.
4. You may develop dark splotches on your face and a dark line on your abdomen. This will go away a few weeks after delivery.
5. Hair begins to grow in places you don't expect, like on your face or your belly.
6. Gums may swell and bleed. Don't neglect them. See your dentist and practice good dental hygiene.
7. Nosebleeds may begin as the mucous membranes that line the nose swell.
8. Your eyeglass or contact lens prescription may change. Do not change your prescription because it may change again after the baby is born.
9. Since you are starting to show, unwanted advice may come from family, friends, and strangers.

